

What to Wear & What to Bring

Cross country skiing and snowshoeing are both physical activities where there is constant movement. It is important to *Dress in Layers* so that you can remove and add clothing throughout the day, depending on how warm or cold you are.

Socks - One pair of medium socks or synthetic socks (not cotton). It is not necessary to wear 3 pairs of socks - it will actually make your feet colder.

Head Gear - A Must! 80% of body heat is lost through your neck and head. Bring a toque.

Underneath - The closest layer to your skin should be a pair of long underwear, tops and bottoms. It is best that this layer is polypropylene, which wicks moisture away from skin, keeping you warmer.

Layers - *Batazats*, waterproof or nylon pair of pants for over your long underwear. *Taps*, wool sweater, fleece jacket or vest, and a shell jacket.

Gloves or Mitts - Mitts generally keep hands warmer than gloves - but either will do. Big heavy ski gloves are not necessary when cross country skiing and snowshoeing. A fleecy mitt glove or thin liners work well.

Eye Cover - Sunglasses work best for cross country and snowshoeing. Ski goggles are too hot and heavy.

Extras - Due to the extra glare from the snow, lip balm and sunscreen are musts.

Fuel - Because these activities are very physical, we need to keep our bodies full of fuel so that we can keep going. Please bring lots of water and snacks.

Footwear - When snowshoeing, you put your own shoe into the binding. You will be walking through the snow so your feet may get cold and wet. Do not wear running shoes - snow boots or hiking boots are best. You may rent boots from the Nordic Center for an extra charge. Please let us know.

Please Do Not Wear Jeans and Cotton Sweat-shirts - They absorb water, take a long time to dry and do not keep you warm when they are wet. Synthetic fibers and wool are better.

Fitting Your Rental Equipment

Cross Country Boots - Should fit like a running shoe - SNUG without the toe touching the end.

Cross Country Poles - Should be the height of your arm when your arm is stretched horizontally straight off your side.

Cross Country Skis - Classic skis should come to the height of your wrist when your arm is straight up in the air. Beginner skiers may want a slightly shorter ski.

Snowshoes - Foot should stay in the rubber binding. Let your guide know if your foot is falling out or if the binding is too small.

Your equipment has been custom fit for you so please do not change equipment with anyone else. If the equipment does not fit let one of the Nordic Center staff know and they will size you properly.

WHEN YOU RETURN YOUR GEAR:

Cross Country Skis, Poles and Boots - Must be returned to the rental counter and your name and ID# must be checked off. **DO NOT LEAVE YOUR GEAR IN THE RACKS.**

Snowshoes - Remove the snow from the snowshoes by holding them by the tail and hitting them together. Place back on the snowshoe racks.

Cross Country Skiing Safety

Please remember that you are not the only person/group on the cross country trails - although at times it seems like you are.

* Always ski in the right hand side tracks when classic skiing. This gives clear passage to skiers going in the opposite direction.

* The lane between the two tracks is a skating lane (a different type of cross country skiing). It is not for walking or classic skiing. Please give skaters the right of way.

* If you need to take your skis off and walk - Please walk to the far right hand side of the tracks. **DO NOT WALK DOWN THE SKATING LANE OR IN THE TRACKS.**

* If you are taking a break, please do so on the side so that other skiers can pass you.

* If you fall - please get up as quickly as possible so that other skiers won't crash into you.

* The word "TRACK" is a useful word to remember. If you are skiing behind someone slower and you would like to pass them - yell "TRACK" and that person should move out of the tracks for you. Remember to listen for people yelling track at you too.

* Yield to skiers coming downhill.

* Pack out what you pack in.

Snowshoeing Safety

* Snowshoeing is basically allowed anywhere in the park EXCEPT the groomed cross country trails and the downhill ski area.

* At times you may need to cross the cross country trails - please cross at the same spot as the rest of your group to minimize the damage to the trails. Please try and avoid walking over the tracks.

* Look both ways for skiers before crossing the tracks.

* If you are going snowshoeing without a guide, there are designated snowshoe trails and backcountry trails that you can use. Please take a map.

* Please take food and water with you.



The Buddy System

Enjoy Your Outdoor Experiences with a Friend. Cross Country Ski and Snowshoe with a "Buddy."

It's More Fun and Safer Too!